HNISCARRA COMMUNITY CENTAL ANISCARRA COMMUNITY COMPUNITY 4 Mile Classic

Friday 15 June @ 8:00 pm

Ballyanly, Inniscarra

(Left at Blair's Pub, Cloghroe)

AAI Permit Approved in association with Blarney/Inniscarra Athletic Club

ntastic Array of Prizes

<u>Men</u>	<u>Ladies</u>
1,2,3 Overall	1,2,3 Overall
1, 2 - O/40	1, 2 - O/40
1, 2 - O/45	1, 2 - O/45
1, 2 - O/50	1, 2 - O/50
1, 2 - O/55	1, 2 - O/55
1. 2 $- O/60$	1. 2 $-\frac{O}{60}$

Wheelchair Section

Walkers & Community Club Prizes

Entry Fee

Walkers: €8 €5 – Adults Runners:

€2 – Children

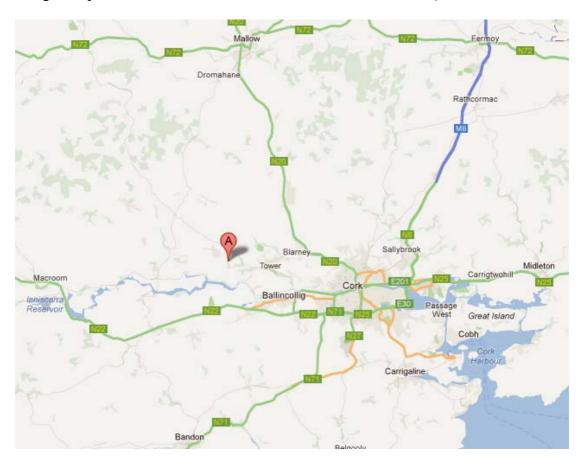
Showers in Centre / Refreshments afterwards



Inniscarra Community Centre – Ballyanly, Inniscarra, Co. Cork

www.inniscarracommunitycentre.com

Google Maps +51° 55' 31.20", -8° 40' 33.53" Loc8 Code: WKQ-10-WP9



Cork – Limerick N20:

- 1. Exit the Limerick to Cork Road at the exit for Blarney (R617)
- 2. Pass through the village of Blarney, onto Tower and into Cloghroe on the R617
- 3. At Cloghroe Church turn right onto the R579 for Kanturk.
- 4. Pass through the village until you reach Blairs Inn pub on your left hand side.
- 5. Turn left at Blairs Inn passing the pub on your right hand side and continue up the hill for 1 mile until you arrive at Inniscarra Community Centre.

Cork – Killarney N22

- 1. Exit the N22 at the Cork/Kanturk/Blarney(R608/R579) and take the 1st exit on the roundabout
- 2. At the next 2 roundabouts take the 2nd exit, following the signs for Kanturk R579.
- 3. At the traffic lights turn left following signs for Kanturk R579.
- 4. Having passed the Anglers Rest Pub take the road straight ahead for Kanturk R579
- 5. Follow the road for 7.6km passing through Cloghroe.
- 6. Pass through the village until you reach Blairs Inn pub on your left hand side.
- 7. Turn left at Blairs Inn passing the pub on your right hand side and continue up the hill for 1 mile until you arrive at Inniscarra Community Centre.

ANISCARRA COMMUNITY CENTRAL 4 Mile Classic

Friday 15th June @ 8:00pm **Inniscarra Community Centre**

Ballyanly (Left at Blair's Pub, Cloghroe)

The 8th Annual Murphy Memorial 4-Mile road race in aid of the Inniscarra Community Centre will take place on Friday 15th June 2012 at 8:00 p.m. Again this year the race will be organised under the auspices of Athletics Ireland. It is hoped that there will be a strong community and club involvement. The race last year saw over 150 athletes participate.

The race will begin at the Inniscarra Community Centre, which can be accessed via Cloghroe (left at Blairs Pub), Dripsey and Berrings. The race then takes in Ballyanly, Ardrum, Callas and Berrings before returning to the Community Centre at Ballyanly.

There will be a fantastic array of prizes, with category prizes for both men and women from overall winners to Over 40, 45, 50, 55, 60. Full changing facilities will be available at the Community Centre and entries will be taken on the night (\in 8 athlete, \in 5 walker).

For anyone who feels the pace of a race might be too much a fun run, jog or walk will also take place. A great evening's fun, entertainment and exercise are assured with spot prizes and plenty of refreshments afterwards.

All funds raised from the race will go to the Inniscarra Community Centre, which caters for Athletics, Rugby, Pitch & Putt, Karate, Tennis, Badminton, Hurling, Football, Soccer, Camogie as well as a host of other events within the complex.

For further information, please contact the Inniscarra Community Centre office www.inniscarracommunitycentre.com iccltd@eircom.net 021-7332211.

